

I. AMENDMENT

A. In the Claims

Please amend the Claims as set forth below. It is believed that no new matter has been added.

1. (Currently amended) A method of creating a personalized exercise routine, the method including:

- forming machine-readable instructions corresponding to a personalized exercise routine;
- protecting said machine-readable instructions as private to ~~the~~ a user;
- maintaining said machine-readable instructions as private to the user;
- storing the personalized exercise routine formed in the machine-readable instructions in a memory device;
- retrieving the personalized exercise routine formed in the machine-readable ~~signals~~ instructions from the memory device; and
- user-triggered engaging of the machine-readable instructions to control ~~the~~ an exercise machine in carrying out the personalized exercise routine.

2. (Previously presented) The method of claim 1, wherein the forming machine-readable instructions includes the steps of:

- forming a first set of signals corresponding to the exercise routine carried out on a first machine; and
- translating the first set of signals to form the machine-readable instructions.

3. (Previously presented) A method of creating a personal exercise routine, the method including:

providing at least one user interface to create a first set of signals corresponding to a personal exercise routine on a first exercise machine;

translating the first set of signals to form machine-readable instructions; and

controlling a second exercise machine with the machine-readable instructions in carrying out the personal exercise routine on the second exercise machine.

4. (Previously presented) The method of claim 1, further including storing medical information and a charge card number respectively corresponding to the user.

5. (Original) The method of claim 1, further including the steps of:
forming a profile of the user; and
protecting the profile of the user as private to the user, along with said machine-readable signals.

6. (Previously presented) The method of claim 3, further including the steps of:
forming a user profile; and
protecting the user profile as private to a user, along with said machine-readable signals.

7. (Previously presented) The method of claim 3, wherein said forming machine-readable instructions includes:
programming a cardiovascular exercise as the exercise routine on a personal computer; and further including:
communicating signals corresponding to the exercise routine over a network to

said second exercise machine.

8. (Previously presented) The method of claim 3, wherein said forming machine-readable instructions includes:

accessing, via a virtual private network, a web-accessible library of modifiable preprogrammed routines; and

modifying one of said preprogrammed routines.

9. (Previously presented) The method of claim 3, wherein said forming machine-readable instructions includes:

selecting a type of cardiovascular fitness equipment as the second exercise machine, and specifying a duration of an exercise, a number of time intervals, an intensity, and a speed for each of the intervals.

10. (Previously presented) The method of claim 1, wherein said storing includes:

storing on a memory means transported to said exercise machine to enable reading by said exercise machine in connection with said retrieving step.

11. (Previously presented) The method of claim 10, wherein said storing includes storing by making an addition to a library of routines.

12. (Previously presented) The method of claim 3, further including:

swiping at least one of a credit card or smart card for access to the second exercise machine.

13. (Previously presented) The method of claim 12, wherein said swiping is carried out with a card reader on a reception admission control system.

14. (Previously presented) The method of claim 3, further including:
obtaining, via communication over a network with a user computer, an agreement to abide by gym rules.

15. (Previously presented) The method of claim 5, further including storing a charge card number associated with the user.

16. (Previously presented) The method of claim 6, further including storing a charge card number associated with the user.

17. (Previously presented) The method of claim 3, further including communicating at least some personal profile data between computer systems of different gyms.

18. (Previously presented) The method of claim 15, further including carrying out an on line purchase from the exercise machine while exercising.

19. (Previously presented) The method of claim 16, further including carrying out an on line purchase using the exercise machine while exercising.

20. (Previously presented) The method of claim 3, further including forming a

set of exercise routines that use different types of exercise machines, said set including said personalized exercise routine.

21. (Previously presented) The method of claim 3, further including providing a control for at least one type of media including video, TV, e-mail, stock prices, news, horoscope, hobby information, Internet media, or an electronic magazine, the control being stored in a profile of a user.

22. (Previously presented) The method of claim 21, wherein the providing a control is carried out with two of the media.

23. (Previously presented) The method of claim 21, wherein the providing a control is carried out with three of the media.

24. (Previously presented) The method of claim 23, further including implementing the control by displaying media at said second exercise machine.

25. (Previously presented) The method of claim 1, wherein said forming is carried out using a personal computer and said retrieving includes downloading to said exercise machine.

26. (Previously presented) The method of claim 25, further including using a virtual private network to access a host system used in said downloading.

27. (Previously presented) The method of claim 1, further including providing a

browser interface presented at said exercise machine to control Internet communication.

28. (Previously presented) The method of claim 3, further including providing a browser interface presented at said second exercise machine to control Internet communication.

29. (Previously presented) The method of claim 27, further including communicating the machine-readable signals into a controller between the Internet and the exercise machine.

30. (Previously presented) The method of claim 28, further including communicating the machine-readable signals into a controller between the Internet and the second exercise machine.

31. (Previously presented) The method of claim 5, further including controlling with said profile output to a display device and a speaker jack at the exercise machine.

32. (Previously presented) The method of claim 6, further including controlling with said profile interaction with Internet communication while exercising by use of a device at least one of a video game joystick on said second exercise machine or a flexible touch pad on at least one handle of the second exercise machine.

33. (Previously presented) The method of claim 6, further including controlling with said profile programmed, hands-free, Internet communication.

34. (Previously presented) The method of claim 33, wherein said controlling includes selectable content and presentation format coordinated with timing of the exercise routine.

35. (Previously presented) The method of claim 3, further including monitoring heart rate with a sensor at the second exercise machine.

36. (Previously presented) The method of claim 35, further including monitoring speed and intensity of the exercise routine; and
storing said heart rate, said speed, and said intensity.

37. (Previously presented) The method of claim 36, further including communicating signals corresponding to said heart rate, said speed, and said intensity in an Internet communication to a user computer.

38. (Previously presented) The method of claim 3, further including utilizing a calendar function to schedule use of the second exercise machine.

39. (Previously presented) The method of claim 3, further including utilizing a calendar function to schedule use of a group of pieces of exercise equipment.

40. (Previously presented) The method of claim 3, further including logging on to a virtual private network from a personal computer to obtain data enabling formation of said exercise routine.

41. (Currently amended) The method of claim 1, further including formatting output at a display device at said exercise machine, said formatting including selectable enlarging of the output.

42. (Currently amended) The method of claim 3, further including formatting output at a display device at said second exercise machine, said formatting including ~~selectably~~ selectable enlarging of the output.

43. (Previously presented) The method of claim 3, further including enabling Internet navigation by an interface operating during exercising.

44. (Previously presented) The method of claim 6, further including specifying parameters of the exercise routine including type of machine, duration of session, intensity level, and pattern of variation of the intensity level.

45. (Previously presented) The method of claim 6, further including:
permitting, at discretion of the user, access to an exercise report, and storing the report in the profile.

46. (Previously presented) The method of claim 5, wherein said storing is carried out by storing in said profile.

47. (Previously presented) The method of claim 6, further including storing at least one of the set of signals or the machine-readable instructions in said profile.

48. (Previously presented) The method of claim 6, wherein the second exercise machine comprises one of at least a treadmill, an elliptical trainer, a stationary bike, a stationary ski machine, a stationary rowing machine, or a resistance type machine.

49. (Previously presented) The method of claim 6, further including digitally specifying the second exercise machine so that exercising is carried out at a location corresponding to at least one of a home, a gym, a spa, an exercise facility of an apartment complex, and a hotel.

50. (Previously presented) The method of claim 1, further including controlling access to said exercise machine, via a virtual private network of computer devices corresponding to exercise machines, by assigning a user identification name and a password to each device.

51. (Previously presented) The method of claim 6, further including maintaining a business operations database used in carrying out the translating.

52. (Previously presented) The method of claim 5, further including forming a client profile database containing a profile for each of a plurality of users,.

53. (Previously presented) The method of claim 6, further including forming a client profile database containing a profile for each of a plurality of users.

54. (Previously presented) The method of claim 6, further including accessing a virtual private network in scheduling an exercise session, through a web browser interface,

the scheduling including selecting a location, date, and time a future exercise routine is to be accomplished.

55. (Previously presented) The method of claim 54, further including configuring web viewing through the web browser interface, including: configuring screens of the web browser, said web browser interface stored on the second exercise machine; and selecting types of content to be viewed while exercising.

56. (Previously presented) The method of claim 54, further including initiating the exercise routine by mounting the second exercise machine and by presenting identification to the second exercise machine, the presenting including at least one of entering a name and password on a keypad, entering information from a smart card to a reader, or entering information from magnetic strip to a card reader.

57. (Previously presented) The method of claim 6, further including controlling output of visual and audio Internet media with said profile, the media including at least one of music, a video, multimedia, or chat.

58. (Previously presented) The method of claim 6, further including optionally viewing and configuring reports including intensity levels of the exercise routine and heart rate through a web browser interface and at a personal computer.

59. (Previously presented) The method of claim 6, wherein using the at least one user interface includes a corresponding media display, the media from the group including at least one of video, audio, and text

60. (Previously presented) The method of claim 6, further including creating a resource pool database of available exercise equipment.

61. (Previously presented) The method of claim 6, further including:
logging on to a system to review the profile via a web browser interface, said logging in including inputting an identification number and password.

62. (Previously presented) The method of claim 61, further including inputting into said profile birth date, gender, weight, height, or health history.

63. (Previously presented) The method of claim 61, further including inputting membership of a gym into said profile.

64. (Previously presented) The method of claim 63, inputting location of the gym and a gym membership identification number.

65. (Previously presented) The method of claim 1, further including entering an indicator to find a gym to carry out the step of engaging.

66. (Previously presented) The method of claim 6, further including entering a location indicator to find a gym to carry out the step of controlling.

67. (Previously presented) The method of claim 6, wherein the controlling includes controlling speed of the exercise machine with said machine-readable signals.

68. (Previously presented) The method of claim 6, further including setting a filter of at least one of web subject matter or content in said profile.

69. (Previously presented) The method of claim 6, further including computer-enabled permission for another to form a group of users.

70. (Previously presented) The method of claim 5, further including computer-enabled partial, but not complete access to data in the profile.

71. (Original) The method of claim 6, further including computer enabled partial, but not complete access to data in the profile.

72. (Previously presented) The method of claim 1, further including accepting a gym registration application over the network.

73. (Previously presented) The method of claim 3, further including accepting a gym registration application over the network.

74. (Previously presented) The method of claim 5, further including managing a gym membership.

75. (Previously presented) The method of claim 6, further including managing gym membership, including tracking fees of gym users and issuing invoices.